

the Secret of Serving

DELICIOUS SALADS

at Every Dinner—at Insignificant Cost

MANY people would like to have salad served at every dinner—but the cost of imported olive oil is prohibitive. If you use the oil liberally, and drench the salad, as you should, it is used up quickly. This makes imported olive oil, on which you have to pay heavy freight rates and import duties, quite expensive.

WITH Mazola, the great American salad oil, there are no ocean freight rates or import duties to pay. It is so reasonable in price that you can use it as liberally as you wish.

MAZOLA is so sweet and pure, and blends so wonderfully with your other salad ingredients, that once you become acquainted with it, you will be delighted to serve a Mazola-dressed salad at every dinner.

Mazola is sold by grocers everywhere.

FREE—Beautifully illustrated 64-page Cook Book. Write to Corn Products Refining Company, Dept. A, Argo, Ill.

here is the way
to make
PERFECT
FRENCH DRESSING

Just take a small bowl, put 1 teaspoonful of sugar, $\frac{1}{2}$ teaspoon white pepper, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon ground mustard, $\frac{1}{2}$ teaspoon paprika. Beat into the dry ingredients 1 cup of Mazola, a drop or two at a time. Then add $\frac{1}{2}$ cup of vinegar and juice of $\frac{1}{2}$ lemon. The longer you beat French dressing, the better it is. It should then be placed on ice to become chilled before using.



MAZOLA

Best for Salads and Cooking

A simple change in her food made her "look and feel like a different person"

From the borderland of a nervous collapse she found, like thousands of others, that the road back to the joy of real health lay in proper diet and not in drugs.

Health is *normal*, not exceptional. Failing strength and energy mean just this: something is hindering the body from performing its two vital functions: (1) Building up the worn-down tissues from day to day; (2) Removing daily the poisonous waste.

The fresh, living cells of Fleischmann's Yeast contain a natural food—with the very elements which help the body perform these two vital functions.

Like any other plant or vegetable, yeast produces the best results when fresh and "green"—not dried or "killed." Fleischmann's Yeast is the highest grade living yeast—always fresh. It is not a medicine, it is a natural food. It helps to "tone" up the whole system and assures regular daily elimination. *Results cannot be expected unless it is eaten regularly.*

Everywhere physicians and hospitals are prescribing Fleischmann's Yeast to correct constipation, skin disorders and to restore appetite and digestion.

"It was all I could do to get through the day, and then—"

"I was secretary to a very busy executive, and it was all I could do to get through the day. I was many pounds overweight and a blood-test showed a seriously anaemic condition. Worst of all, I suffered from an obstinate skin trouble which I couldn't seem to cure. I began eating three cakes of Fleischmann's Yeast every day. That was over a year ago. Today I have regained my normal weight—my complexion has cleared beautifully—and I look and feel like a different person."

Eat it regularly—plain, or spread on crackers, or mixed with water or milk—two or three cakes a day. If you prefer, get six cakes at a time. They will keep in a cool, dry place for two or three days. Begin at once to know what real health means! Be sure you get Fleischmann's Yeast. All grocers have it.



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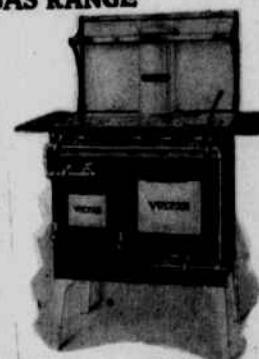
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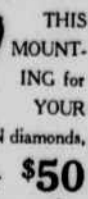
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